PT-297 CINTA DE CORRER MOTORIZADA
MOTORIZED TREADMILL

ESPAÑOL

ENGLISH

MANUAL DEL USUARIO
OWNER'S MANUAL

SALTER
ACTIVE HEALTH

This manual is available at **www.salter.es**

1. SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the equipment.

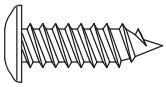
1. Read all warnings posted on the equipment.
2. Read this Owner's Manual and follow it carefully before using the equipment**.** Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces.
7. Inspect the equipment for worn or loose components prior to each use.
8. Tighten / replace any loose or worn components prior to using the equipment.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The equipment should not be used by persons weighing over 120 kg.
18. The equipment should be used by only one person at a time.
19. The equipment is for semi-commercial, light-commercial and home usage.
20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

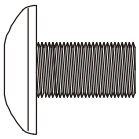
2. MAIN PARTS

This manual is available at **www.salter.es**

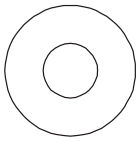
3. HARDWARE KIT



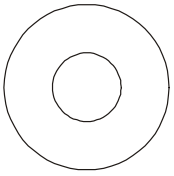
Nº 74. 3.5 × 12 m/m
Sheet Metal Screw (4)



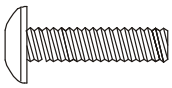
Nº99. 5/16" × 1/2"
Button Head Socket Bolt (14)



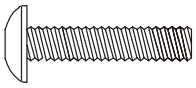
Nº 100. 5/16" × 18 × 1.5T
Flat washer (6)



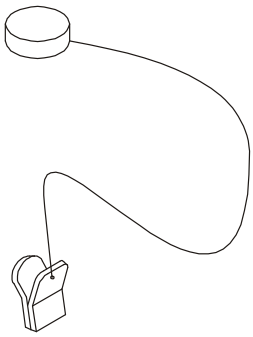
Nº 101. 5/16" × 23 × 1.5T
Curved washer (8)



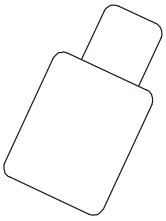
Nº 125. M5 × 25m/m
Phillips Head Screw (2)



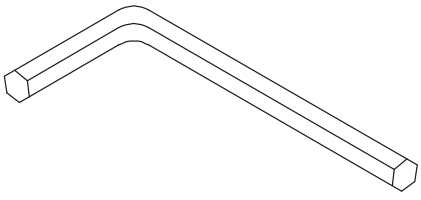
Nº 126. M5 × 35m/m
Phillips Head Screw (2)



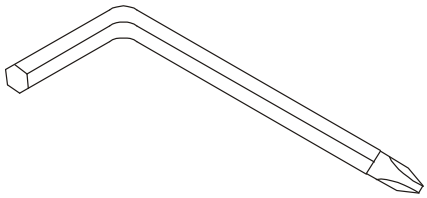
Nº 44. Safety Key (1)



Nº 104. Lubricant (1)



Nº 103. M6 (66 × 88)
Allen Wrench (1)



Nº 102. Combination M5 Allen Wrench &
Phillips Head Screw Driver (1)

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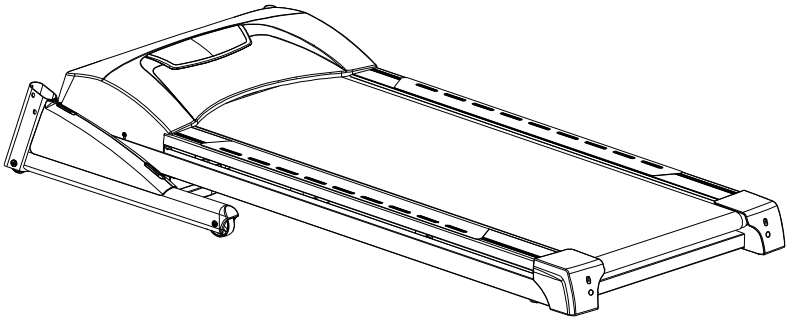
4. ASSEMBLY INSTRUCTIONS

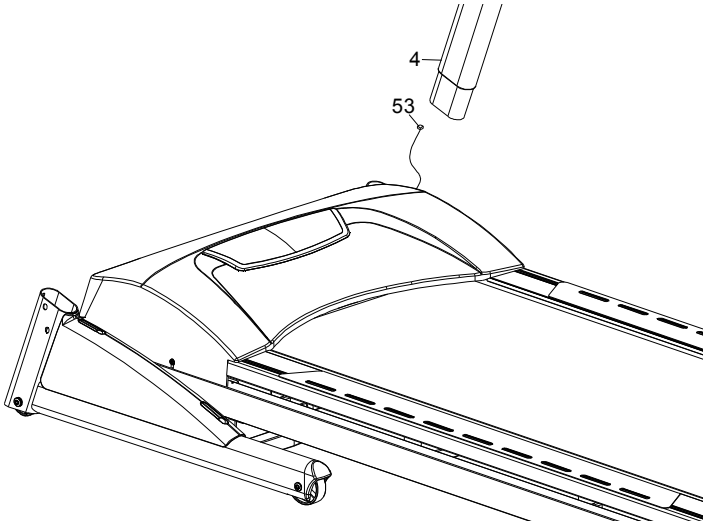
STEP 1

Take out the treadmill from the carton and lay it aside on the smooth ground.



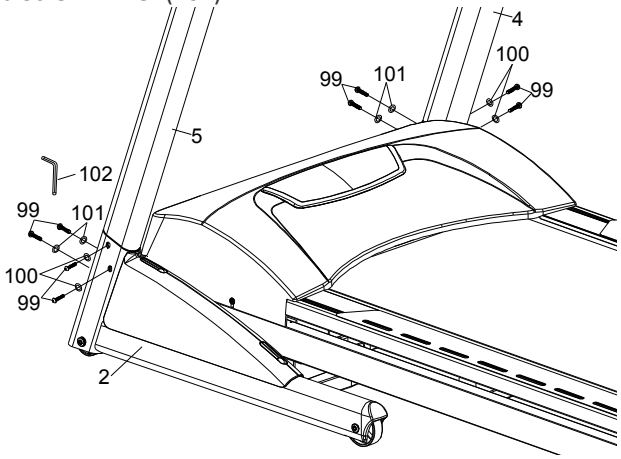
STEP 2

Connect the Computer Cable (Lower)(53) with the Right Upright (4).



STEP 3

Insert the Uprights (L, R)(5,4) into the Frame Base (2) with the 8pcs of 5/16" ×1/2" Button Head Socket Bolts (99), 4pcs of 5/16" x 18 x 1.5T Flat Washers (100) and 4pcs of 5/16" × 23 × 1.5T Curved Washers (101) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



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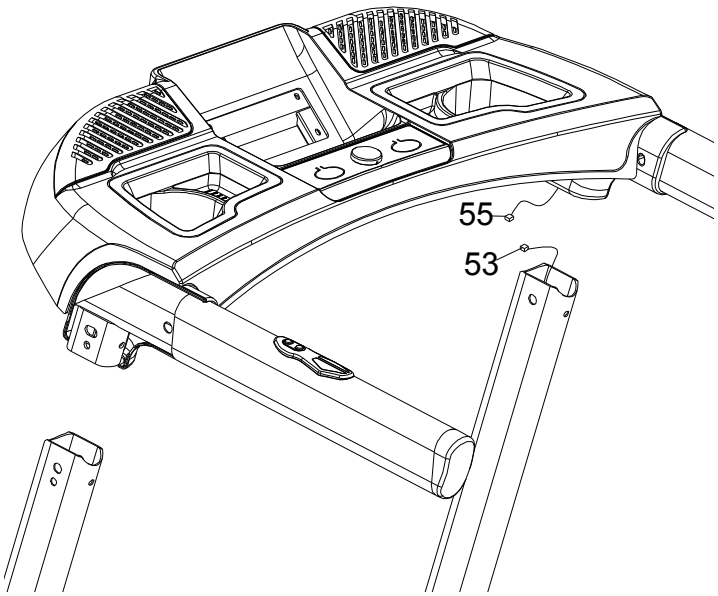
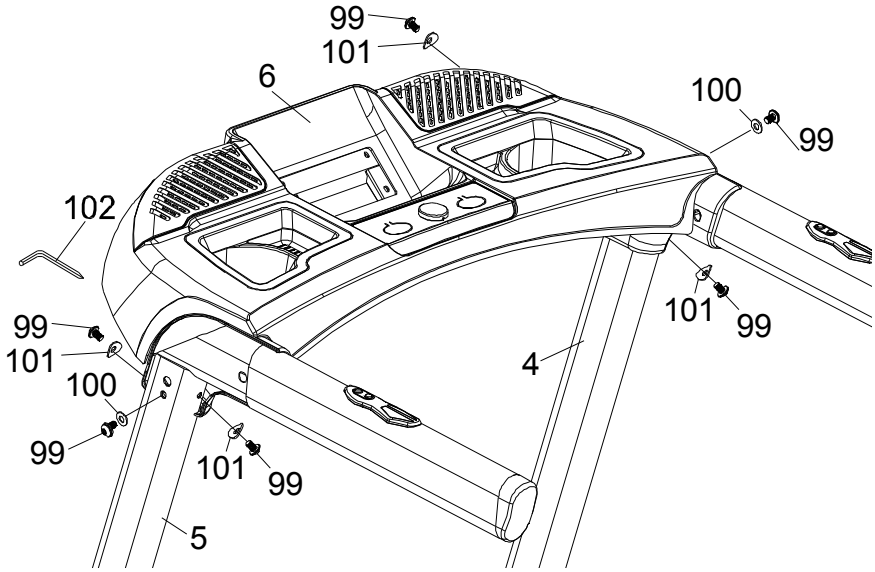
STEP 4

Connecting the Computer Cable (Middle) (55) with the Computer Cable (Lower)(53).



STEP 5

Install the Console Support (6) into the Uprights (L,R) (5,4) with the 6pcs of 5/16" ×1/2" Button Head Socket Bolts (99) , 2pcs of 5/16" × 18 × 1.5T Flat Washers (100) and 4pcs of 5/16" × 23 × 1.5T Curved Washers (101) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



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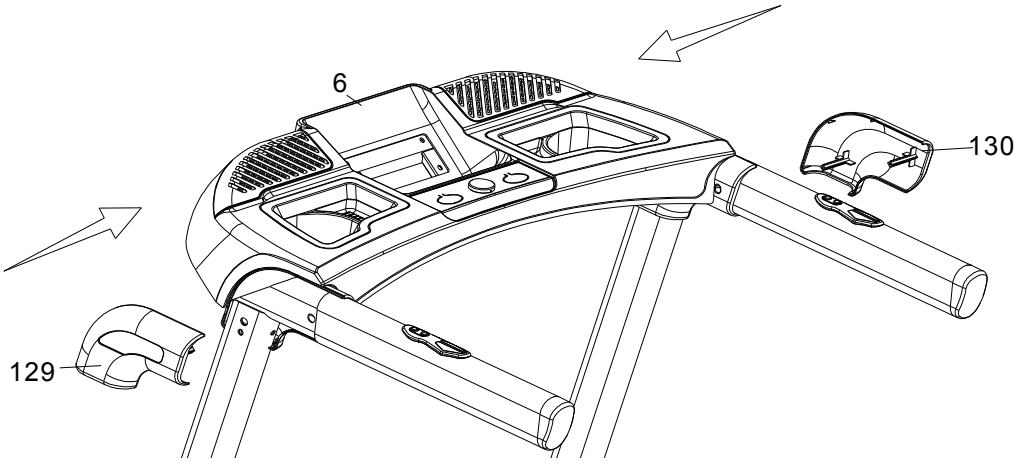
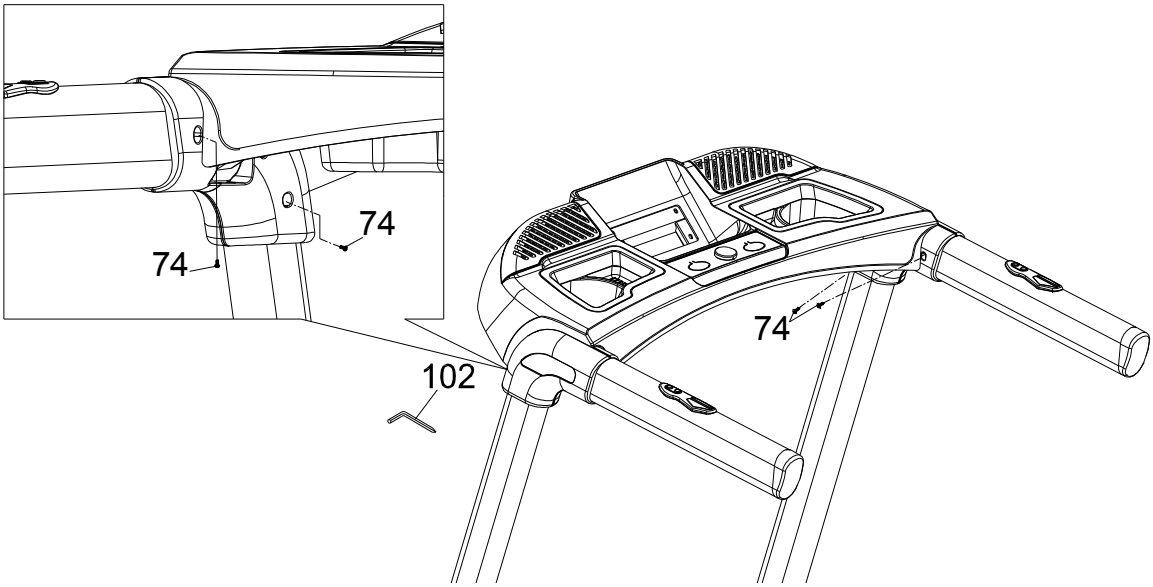
STEP 6

Install the Outer Handlebar Covers (L & R) (129 & 130) on the Console Support (6) with the 4pcs of 3.5 × 12 m/m Sheet Metal Screws (74) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.





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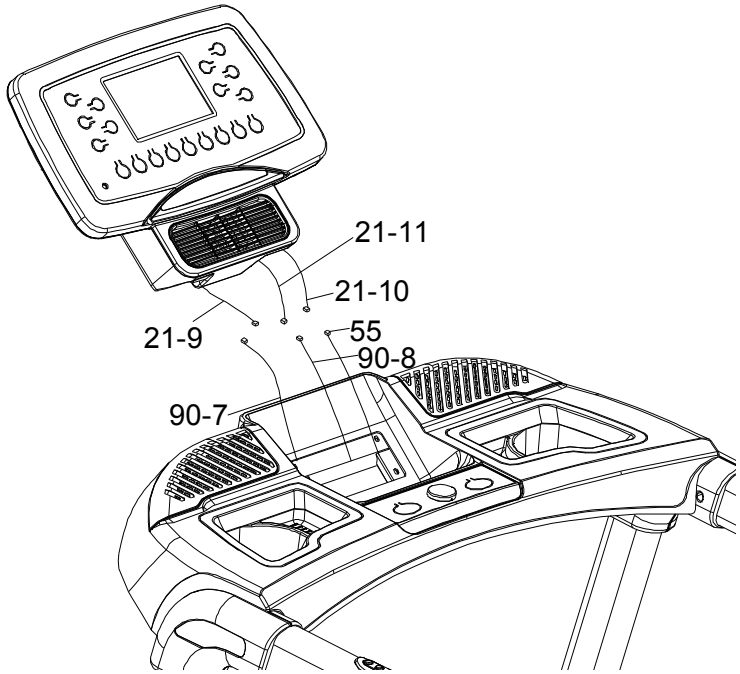
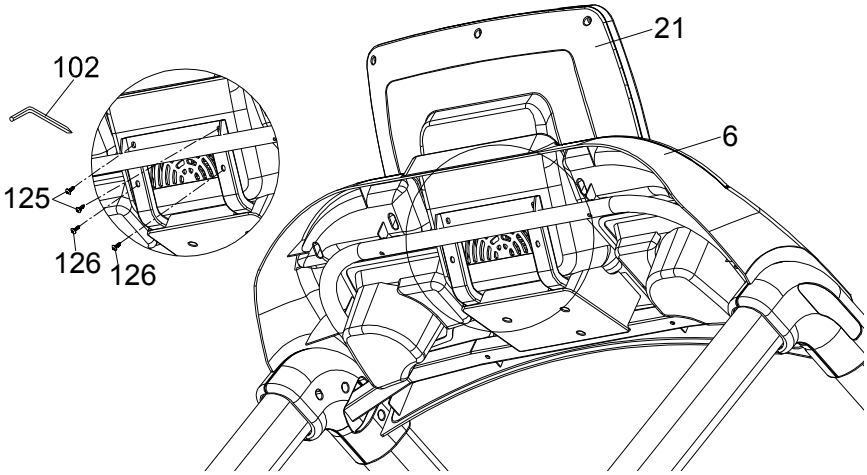
STEP 7

Connect the Computer Cable (Middle) (55) with the Computer Cable (21-10). Connect the Connecting Cable (90-7) with the Connecting Cable (21-9). Connect 5-Pin HR receiver upper cable (21-11) and 5-Pin HR receiver lower cable (90-8).



STEP 8

Insert the Console Assembly (21) into the Console Support (6). Install the Console Assembly (21) and the Console Support (6) with the 2pcs of M5×25mm Phillips Head Screws (125) and 2pcs of M5×35mm Phillips Head Screws (126) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.



NOTE: Tighten all screw after all components assembly complete.

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5. CONSOLE INSTRUCTIONS

After turning on and put on the safety key, the console will show up welcome greeting then display total running mileage, hours, program version and then enter ready mode. When total mileage accumulates to 100 km total running time to 150 hours, the system will show a lubrication prompt. After this prompt is shown two times, the message will be deleted automatically.

5.1. WINDOW DISPLAYS

TIME：Accumulated running time from 00:00~99:59 or count-down time from 10~99:00.

SPEED： Showing the running speed of the tread belt from 1KM/h(0.6)~16KM/h(10)

DISTANCE：Accumulated running distance from 0.1~99.99KM.

CALORIES：Showing the fat burnt from 0.1~999.9 calories.

INCLINE：Showing 16 incline levels from 0~15.

PULSE：Showing the heart rate value either wearing heart rate monitor stripe or gripping hand pulse sensor, the heart rate value is displayed in this window.

LAPS： Displaying track with one circle stands for 0.4KM with value from 0~99.

5.2. FUNCTION BUTTONS

START：Press this button, while running, to start the treadmill after displaying 3, 2, 1, GO.
STOP： Press this button to gradually stop the treadmill and end the workout.
FAST： Press this button to increase workout speed. Press once each time increases 0.1KM/h. The increment can be adjusted between 0.1 and 1while setting the treadmill factor.
SLOW： Press this button to decrease workout speed. Press once each time decreases 0.1KM/h. The increment can be adjusted between 0.1 and 1 while setting the treadmill factor.
UP： Press this button while running to increase the incline. Press once each time increases one incline level.

DOWN : Press this button while running to decrease the incline. Press once each time decreases one incline level.
ENTER : Press this button to enter setting the parameter. While setting, press this button again to accept and enter next step. Press this button while running to switch the dot matrix window between speed and incline profiles.
FAN : This function is optional. Press this button to the fan on/off.
PROGRAM: Press this button to choose training mode. There are four modes: MANUAL, RANDOM PROGRAM, USER and HRC (Heart Rate Control).
SELECT : While running RANDOM PROGRAM, you can keep on pressing this button to generate new programs until there is the program you want.
SPEEDY BUTTON FOR SPEED : There are five speedy buttons for speed: 2KM/h, 4 KM/h, 6 KM/h, 8 KM/h and 10 KM/h for speedy setting.
SPEEDY BUTTON FOR INCLINE : There are five speedy buttons for incline: 2, 4, 6, 8 and 10 for speedy setting.
Audio Input: This function is optional. It plays the audio signal by the speaker through the internal amplifier.
SAFETY KEY: Put on this key after turning on the power to function the treadmill. Taking off this key automatically shuts down the treadmill.

5.3. FUNCTION MODES

SPEEDY START. The user initiates the training immediately.

Press START button to speedily start the treadmill after turning on the power and putting on the safety key. Both speed and incline will be at the lowest value. The user has to adjust them to the desire levels manually using UP/DOWN y SLOW/FAST buttons.

P0 MANUAL MODE. The user sets an objective parameter.

A. Use PROGRAM button to choose PO MANUAL then press ENTER to set parameters. First is setting weigh. Use FAST/SLOW buttons to adjust the weigh and press ENTER for next setting.
B. Now the AGE will be displayed. Use FAST/SLOW buttons to select the correct value then press ENTER for next setting.
C. Choose one of count-down factors TIME, DISTANCE, CALORIES and use SELECT to confirm then press ENTER to set the value. You can press SELECT to return to select the factor again.
D. Now the selected factor and the value will be displayed. Use FAST/SLOW buttons to select the proper value and press START to start the treadmill and finish the setting.
E. You can press STOP button to return to the previous step or START to start the treadmill.

RANDOM PROGRAM. This mode which is a profile includes speed and incline automatically generated by the program. The user can continually choose the profiles until the one which is satisfied. It can also save the USER mode and make adjustments until a most suitable profile is reached.

A. Use PPROGRAM button to select RANDOM PROGRAM mode and press ENTER to profile selection.
B. Now the dot matrix will display speed profile for 5 seconds then switch to incline profile for another 5 seconds and recycle. Press ENTER to select the profile and forward to enter next parameter. Press SELECT button to generate new profile. This step can be continued until ENTER is pressed.
C. Now the value of the weight is displayed. Use FAST/SLOW buttons to adjust the weight and press ENTER for next setting.
D. Now the value of the age will be displayed. Use FAST/SLOW buttons to adjust the age and press ENTER for next setting.
E. Now the preset time 20:00 will be displayed. Use FAST/SLOW buttons to adjust for proper time duration and press START to start the treadmill.
F. The profile can be saved as an USER profile when the workout is finished. The USER can be adjusted whenever is necessary.

USER MODE. This mode provides five personal profiles.

A. Use PROGRAM to select the USER mode. Use UP/DOWM buttons to switch the user names. Use NAME to enter the user name with FAST/SLOW buttons to enter characters A~Z. There are no more than 7 characters to enter. Press STOP after entering the last character and exit.
B. Now the value of the weight is displayed. Use FAST/SLOW buttons to adjust the weight and press ENTER for next setting.
C. Now the value of the age will be displayed. Use FAST/SLOW buttons to adjust the age and press ENTER for next setting.
D. Now the preset time 30:00 will be displayed. Use FAST/SLOW buttons to adjust for proper time duration and press ENTER to set profile.
E. Now the dot matrix window will display the SPEED blinking the first row. Use FAST/SLOW buttons to adjust and press ENTER for next segment. There are 20 segments in a profile. The segment will blink while setting. After finishing 20 segments, press ENTER to set incline profile.
F. Now the dot matrix window will display the incline blinking the first row. Use FAST/SLOW buttons to adjust and press ENTER for next segment. There are 20 segments in a profile. The segment will blink while setting. After finishing 20 segments, press START to begin the workout.

HRC (HEART RATE CONTROL MODE). The user preset a heart rate target and the program automatically adjusts the profile speed and inclination.

Wearing HR stripe is recommended to use this mode.. If it is not installed, the user will grab the hand pulse sensor throughout this mode. The program will ask for heart rate value when hands are released from the sensor. When there is no heart rate value for a certain of time, the program stops.
There are two modes for HRC program:

1. HRC1 adjusts the speed to keep the heart rate at the target value.
2. HRC2 adjusts the incline to keep the heart rate at the target value.

A. Use PROGRAM to select HRC program. Press ENTER button to enter this mode and use SELECT button to switch between two modes. Press ENTER button to set parameters.
B. Now the value of the weight is displayed. Use FAST/SLOW buttons to adjust the weight and press ENTER for next setting.
C. Now the preset time 30:00 will be displayed. Use FAST/SLOW buttons to adjust for proper time duration and press ENTER to set next parameter.
D. Now the value of the age will be displayed. Use FAST/SLOW buttons to adjust the age and press ENTER for next setting.
E. To change the target heart rate value, the target heart rate value will be in the range of 55%~85% value calculated by the program according to the age you have entered. You can increase or decrease the target value as what fits you. Consulting your physician to determine the proper value before setting is recommended. Press START to begin your workout.

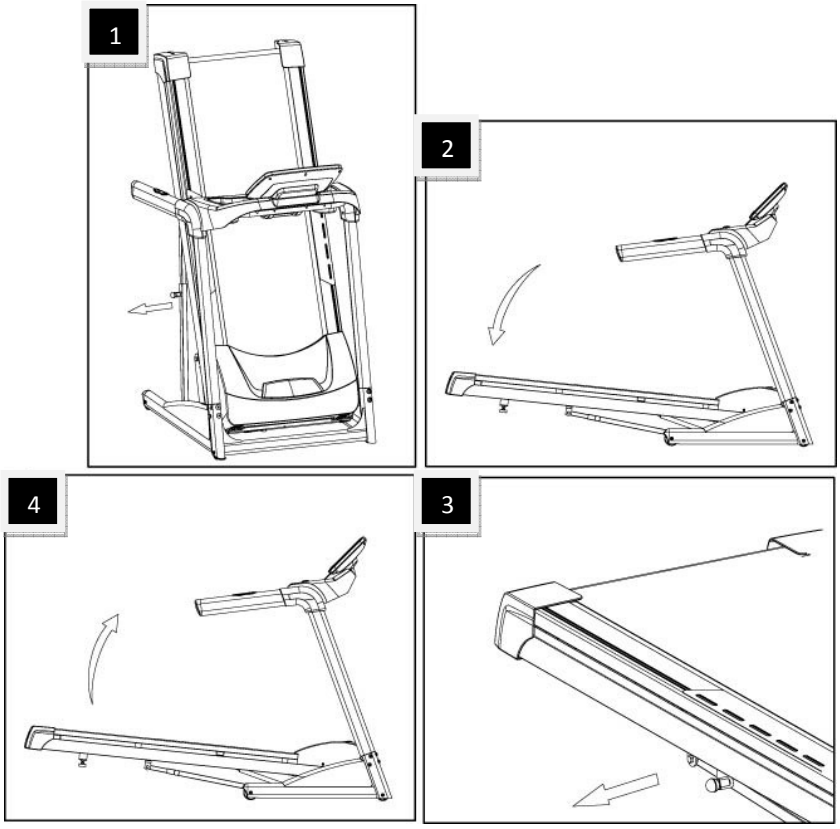
6. ADJUSTMENTS

- **UNFOLDING**
  Pull locking knob and hold running deck and lower down to the floor.
  (As shown Figure 1_2.)

- **FOLDING**
  Pull the locking knob with right hand, left hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob. (As shown in Figure 3_4)

- **TRANSPORT**
  Before moving the treadmill, convert the treadmill to the storage as described above. Make sure that the Locking Knob is closer fully over the frame guide.

1).Hold the upper ends of the handrails. Place one foot on the base.
2).Tilt the treadmill back until it rolls freely on the rear wheels. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treading. Do not attempt to move the treadmill over an uneven surface.
3).Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



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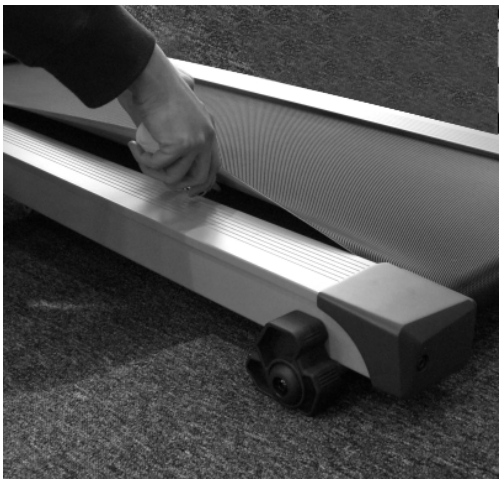
➢ **BELT ALIGNMENT**

If during use you notice that walking belt either shifts to the right or the left of center, first remove "Safety Key" and unplug equipment from AC power source. Using M6 Allen wrench provided, turn left rear roller adjustment as indicated below clockwise no more the 1/4" of a turn. Remove M6 Allen wrench, insert "Safety Key" and insert AC power cord into AC outlet. Turn on your treadmill and observe after running a few minutes to see if problem has been corrected. This may take several adjustments, so repeat the above procedure.

➢ **TREADMILL LUBRICATION**

When total mileage accumulates to 100 km total running time to 150 hours, the system will show a lubrication prompt. After this prompt is shown two times, the message will be deleted automatically.

It is important to lubricate periodically the treadmill.



WHEN YOU SHOULD LUBRICATE THE BELT?

1. After the first 25 hours of use (2-3 months).
2. Every 50 hours of use (5-8 months).

HOW TO CHECK TREADBELT FOR PROPER LUBRICATION?

Lift one side of the treadbelt and feel the top surface of the treadboard.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

HOW TO APPLY LUBRICANT?

1. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

7. MAINTENANCE

The maintenance of the equipment is easy:

- Dry and clean those areas exposed to perspiration, especially the console. It is recommended to use towels in order to avoid the sweat falling to the equipment.
- Dust and dirt may be the cause of functioning problems in the gears and the internal bearings. It is recommended keeping the equipment casing and its different elements clean.

¡ATTENTION!

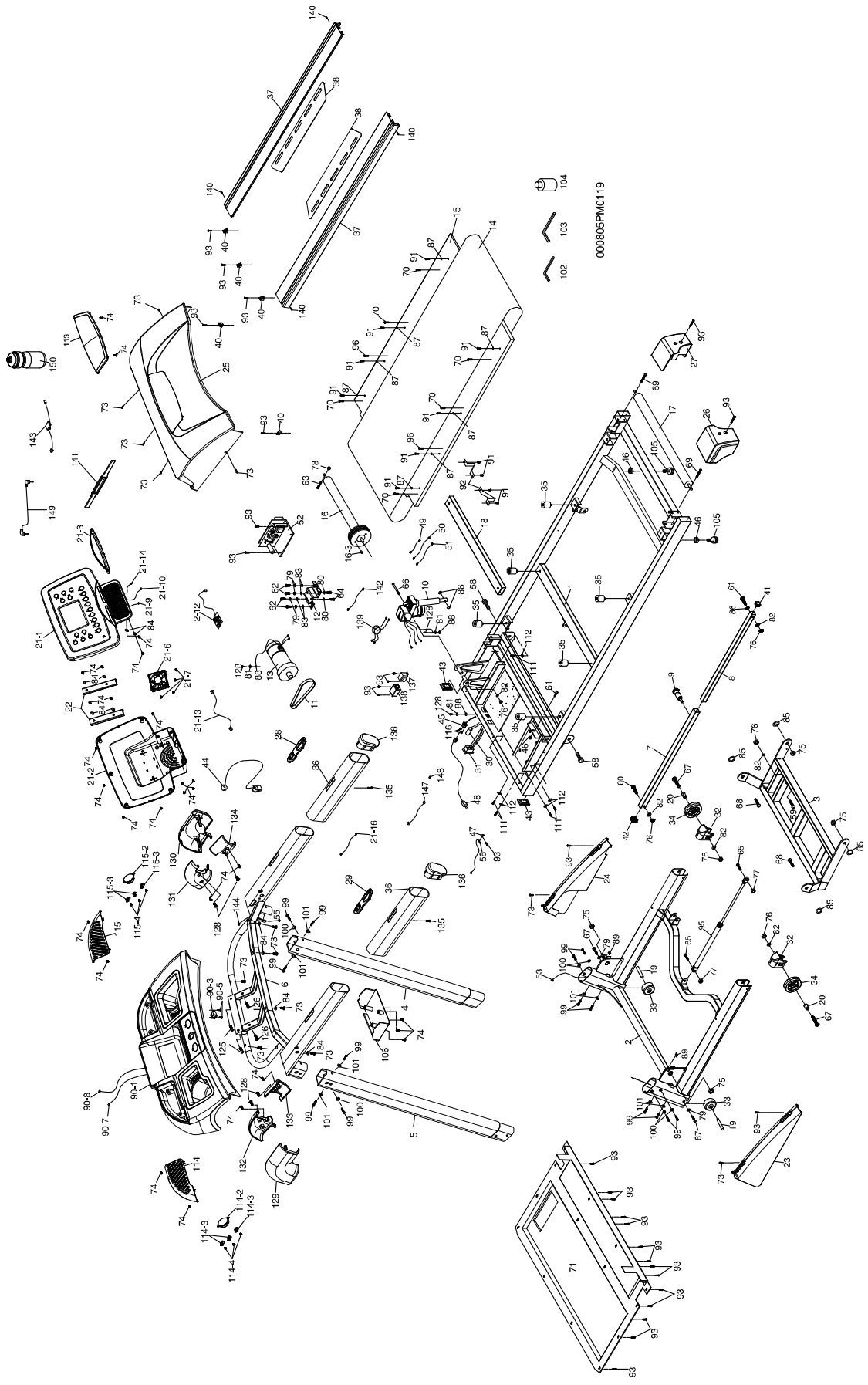
Error message **"LOST SPEED" :** The signal of RPM speed has been lost. Check the imbedded magnet in front roller and the sensor together with the proper connection of the cable.

8. PARTS LIST

Nº	Description	Quantity
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Locking Knob	1
10	Incline Motor	1
11	Drive Belt	1
12	Motor Bracket	1
13	Motor	1
14	Running Belt	1
15	Running Deck	1
16	Front Roller W/Pulley	1
16~3	Magnet	1
17	Rear Roller	1
18	Deck Cross Brace	1
19	Wheel Sleeve	2
20	Rear Wheel Sleeve	2
21	Console Assembly	1
21~1	Console Top Cover	1
21~2	Console Bottom Cover	1
21~3	Top Book Rack	1
21~6	Fan	1
21~7	2.5 × 32m/m_Sheet Metal Screw	4
21~9	350m/m_Connecting Cable	1
21~10	350m/m_Computer Cable (Upper)	1
21~12	Amplifier Controller (Optional)	1
21~13	Amplifier Cable (Optional)	1
21~14	300m/m_Computer Cable	1
21~16	200m/m_Ground Wire	1
22	Console Locking Tube	2
23	Frame Base Cover (L)	1
24	Frame Base Cover (R)	1
25	Motor Top Cover	1
26	Rear Adjustment Base (L)	1
27	Rear Adjustment Base (R)	1
28	Speed/Hand Pulse Complex	1
29	Incline/Hand Pulse Complex	1
30	Breaker	1
31	On/Off Switch	1
32	Frame Base End Cap	2
33	Frame Base Front Wheel	2
34	Frame Base Rear Wheel	2
35	Cushion	6
36	Handgrip Foam	2
37	Foot Rail	2
38	Non-Slip Rubber	2

Nº	Description	Quantity
40	Motor Cover Anchor	5
41	□21.4 × 21.4m/m_Square End Cap	1
42	□25.4 × 25.4m/m_Square End Cap	1
43	□30 × 60m/m_Square End Cap	2
44	800m/m_Safety Key	1
45	Power Socket	1
46	3/8" × 7T_Nut	3
47	Sensor Rack	1
48	Power Cord	1
49	150m/m_Connecting Wire (White)	1
50	150m/m_Connecting Wire (Black)	1
51	10cm × 764 × 764_Connecting Wire (Black)	1
52	Controller	1
53	2100m/m_Computer Cable (Lower)	1
55	700m/m_Computer Cable (Middle)	1
56	1000m/m_Sensor W/Cable	1
58	1/2" × 1"_Hex Head Bolt	2
59	3/8" × 92m/m_Button Head Socket Bolt	1
60	3/8" × 1-3/4"_Hex Head Bolt	1
61	3/8" × 1-1/2"_Hex Head Bolt	2
62	3/8" × 3/4"_Hex Head Bolt	4
63	M8 × 60m/m_Hex Head Bolt	1
64	M8 × 12 m/m_Hex Head Bolt	2
65	5/16" × 1"_Button Head Socket Bolt	2
66	3/8" × 4-1/2"_Socket Head Cap Bolt	1
67	3/8" × 2"_Flat Head Socket Bolt	4
68	1/2" × 1-1/4"_Carriage Bolt	2
69	M8 × 80m/m_Socket Head Cap Bolt	2
70	M8 × 25m/m_Flat Head Countersink Bolt	6
71	Motor Bottom Cover	1
73	5 × 16m/m_Tapping Screw	13
74	3.5 × 12 m/m_Sheet Metal Screw	28
75	1/2" × 8T_Nyloc Nut	4
76	3/8" × 7T_Nyloc Nut	6
77	5/16" × 7T_Nyloc Nut	2
78	M8 × 8T_Nyloc Nut	1
79	3/8" × 2T_Split Washer	6
80	M8 × 1.5T_Split Washer	2
81	M5_Split Washer	3
82	3/8" × 19 × 1.5T_Flat Washer	6
83	3/8" × 25 × 2T_Flat Washer	4
84	5 × 13 × 1.0T_Flat Washer	10
85	Ø50 × Ø13 × 3T_Nylon Washer	4
86	Ø10 × Ø25 × 3T_Nylon Washer	3
87	Ø6.5 × Ø25 × 1.5T_Concave Washer	8
88	M5_Star Washer	3
89	5 × 2T_Speed Nut Clip	2
90	Beverage Holder Assembly	1
90~1	Beverage Holder	1
90~3	300m/m_Safety Switch Module W/Cable	1
90~5	3 × 10m/m_Sheet Metal Screw	2

Nº	Description	Quantity
90~7	150m/m_Computer Cable	1
90~8	150m/m_Computer Cable	1
91	4 × 12m/m_Sheet Metal Screw	12
92	Belt Guide	2
93	5 × 16m/m_Tapping Screw	30
95	Cylinder	1
96	M8 × 50m/m_Flat Head Countersink Bolt	2
99	5/16" × 1/2"_Button Head Socket Bolt	14
100	5/16" × 18 × 1.5T_Flat Washer	6
101	5/16" × 23 × 1.5T_Curved Washer	8
102	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
103	M6 (66 × 88)_Allen Wrench	1
104	Lubricant	1
105	Adjustable Foot Pad	2
106	Beverage Holder Cover	1
111	3.5 × 16m/m_Tapping Screw	5
112	Wire Tie Mount	5
113	Top Motor Cover Plate	1
114	Console Speaker Cover (L)	1
114~2	Speaker W/Cable (L) (Optional)	1
114~3	Speaker Grill Anchor (Optional)	3
114~4	3 × 10m/m_Sheet Metal Screw (Optional)	3
115	Console Speaker Cover (R)	1
115~2	Speaker W/Cable (R) (Optional)	1
115~3	Speaker Grill Anchor (Optional)	3
115~4	3 × 10m/m_Sheet Metal Screw (Optional)	3
116	3 × 10 m/m_Sheet Metal Screw	2
125	M5 × 25m/m_Phillips Head Screw	2
126	M5 × 35m/m_Phillips Head Screw	2
128	M5 × 12m/m_Phillips Head Screw	7
129	Outer Handlebar Cover (L)	1
130	Outer Handlebar Cover (R)	1
131	Bottom Inner Handlebar Cover (R)	1
132	Bottom Inner Handlebar Cover (L)	1
133	Top Inner Handlebar Cover (L)	1
134	Top Inner Handlebar Cover (R)	1
135	3 × 75m/m_Sheet Metal Screw	2
136	Handgrip End Cap	2
137	Choke	1
138	Filter	1
139	400m/m_Connecting Cable Of Motor	1
140	4 × 19m/m_Sheet Metal Screw	4
141	Chest Strap (Optional)	1
142	200m/m_Connecting Wire (White)	1
143	Receiver, HR (Optional)	1
144	1000m/m_Connecting Cable (Lower)	1
147	300m/m_Ground Wire	1
148	Copper Foil	1
149	Audio Cable (Optional)	1
150	Drink Bottle (Optional)	1



This manual is available at **www.salter.es**

9. ENVIRONMENTAL NOTE

The symbol with which is marked this unit (waste bin with wheels) indicates that it cannot be thrown for any reason to the domestic waste. When disposing of the product should be taken to a proper recycling point.

If properly dispose of the product may be reused and recycled, and it will help to conserve natural resources, preserve the environment and significally reduce the potential negative impact on our environment.

For more information about the return system, collection and recycling of these products contact your City Council or the retailer.

REF. PT- 297
MOTORIZED TREADMILL

SALTER Design and quality
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Barcelona – Spain
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